

**In the Claims:**

**Please cancel claims 1-27 without prejudice or disclaimer.**

**Please add the following new claims:**

28. (new): A method of preparing a confectionery bar comprising:
- (a) mixing a protein material having a water absorption property of less than 2.5 grams of water per gram of protein at pH 5.5 and a carbohydrate material in aqueous form to form a plastic mass; and
  - (b) extruding said mass through a cold extrusion apparatus to form a ribbon or a slab; and
  - (c) cutting said ribbon or slab to form a bar;
- wherein said protein material is selected from the group consisting of soy protein, whole milk protein, caseinate, whey protein, pea protein, wheat gluten, egg albumen and mixtures thereof, wherein the ratio of said protein material to said carbohydrate material in said bar is higher than 1.
29. (new): The method of claim 28, wherein said protein comprises at least two proteins selected from the group consisting of soy protein, whole milk protein, casein, caseinate, whey protein, pea protein, wheat gluten, and egg albumen.
30. (new): The method of claim 28, wherein said carbohydrate does not include glycerol.
31. (new): The method of claim 28, further comprising adding a nutritional or pharmaceutical ingredient in step (a).